

# BTheOne.org

## BThe One to help

**If you think someone might be considering suicide or drugs, be the one to help them by taking these five steps:**

**ASK.**

**KEEP THEM SAFE.**

**BE THERE.**

**HELP THEM CONNECT.**

**FOLLOW UP.**

**Find out why these steps can save a life at:  
BTheOne.org**

**If you or someone you know is struggling, call  
1-800-273-talk (8255) or chat at  
suicidepreventionlifeline.org**

